

Chapter 1 : rosa lewis an exceptional edwardian | Download eBook PDF/EPUB

Rosa Lewis is a legendary figure, but the image of this great Edwardian character is now almost entirely a distorted one. Rosa was far more interesting as a person than the legend suggests. Paradoxically, Rosa herself had a hand in the creation of the false identity.

At first the act of dining in public was viewed warily—gentlemen were already accustomed to dining away from home at their clubs, men of the middle-class in steak shops and those of the working-class at oyster shops or food stands along the streets. For ladies, the thought of eating in a place where strangers could gawk and stare was abhorrent. The advent of this new transatlantic society left one restaurant clinging to the English tradition of formal evening attire. With these restaurants came the celebrity chef. Escoffier had a rival in the form of a woman: The proprietress of the Cavendish Hotel, she had begun her culinary career in the house of the Comte de Paris, the London-based Orleanist pretender to the French throne. During the Coronation year of 1902, Rosa produced 29 suppers for just as many large balls, and often came home in the wee hours of the morning without a wink of sleep. With the money saved from that year, she bought the Cavendish Hotel in Jermyn Street, where she earned a fortune catering to the vital needs of the aristocracy—privacy and excellent food. Available for use was a private dining room where swells could bring their lady friends, and permanent suites for those inclined to live outside of their homes. Exotic dishes were created to meet the demand from aristocratic gourmands. The ultimate Edwardian recipe? A rich, extravagant dish comprised of pate de fois gras stuffed inside of a truffle, which was stuffed inside of an ortolan, itself stuffed inside of a quail. Escoffier invented the Peche Melba and Melba Toast in the 1890s, both dishes named for the strident soprano Nellie Melba, and Rosa Lewis invented a delicious quail pudding for King Edward. Because meal times were pushed back by the close of the 19th century, other, smaller meals were inserted into the day to fill rumbling bellies. Lunch was inserted between breakfast and dinner, ladies added the afternoon tea. Another sort of tea—with hot muffins, crumpets, toast, cold salmon, pies, ham, roast beef, fruit, cream and tea and coffee—found its way into the more active and informal program of the country house. The Edwardians never stopped eating. From the time they rose, to even the times they awoke in the middle of the night, food was ready and available. A typical English breakfast consisted of haddock, kidneys, kedgeree, porridge, game pie, tongue, poached eggs, bacon, chicken and woodcock. Luncheon included hot and cold dishes: Guests sitting down for a ten to fifteen course meal was quite normal. Hostesses expecting the King were well advised to provide snacks consisting of lobster salad and cold chicken to serve at eleven, and even after dinner, a plate of sandwiches, and sometimes a quail or cutlet, was sent to his rooms. This was the apogee of name brands and modern processed foods such as Marmite, Ty. The appearance of refrigeration made dining much easier too. This trend for gargantuan meals obviously had its downsides. At the end of the season, these Edwardian gastronomes found their digestion so wound in knots, a month-long jaunt to the Continent was deemed necessary. And the annual trek to Austrian or German watering spots like Bad-Ischl or Carlsbad, were added to the general round of the season. Here our ladies and gentlemen were put on strict diets and forced to exercise daily. Has it helped your school project or book? Consider making a small donation to keep Edwardian Promenade online and a free resource in the years to come!

Chapter 2 : Rosa Lewis, an Exceptional Edwardian by Anthony Masters

It is a biography of one Rosa Lewis, who, during Edwardian times attained unprecedented fame as a chef, and even today is still considered the most distinguished female cook in Europe and America.

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- Rosa Lewis: An Exceptional Edwardian, by Anthony Masters (). - The Duchess of Jermyn Street, by Daphne Fielding (). Unsurprisingly, the latter two were published during the run of the successful TV series, The Duchess of Duke Street.

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Anthony Masters was a writer, educator and humanitarian of exceptional gifts and prodigious energy. He was, in the parlance of his spiritual ancestors, the ancient mariners, that rare voyager "as gracious as a trade wind and as dependable as an anchor". He leaves 11 works of adult fiction.

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